



17 Finkle Street, Kendal, LA9 4AB

Helpline 030 300 300 03

SOCIETIES & CLUBS IN SOUTH CUMBRIA

We try to keep our information up-to-date. However, we do not always receive notice of changes and will be very grateful to hear of amendments or additions to the list.

Last reviewed December 2025

Next review due June 2026

For more information on events and activities in our area please visit our website www.ageuk.org.uk/southcumbria/ or visit our events diary on Compass eHub www.compassehub.com/events

	What	When	Contact
AMBLESIDE	All events held at Ambleside Parish Centre, Vicarage Rd LA22 9DH community@amblesidepc.org.uk		
Ambleside & District University of the Third Age	A variety of groups and interests - both social & educational	various	Please contact via website https://ambleside.u3asite.uk or 015394 33897
Evergreen Club	Talks, activities & trips	Wednesdays in term time 2-4pm	Laura 015394 34172
Rydal WI	Women's Group	2 nd Tuesday Ambleside Library	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfwf@btconnect.com
Dementia Support Group	Support Group	Tuesdays Parish Centre 10am-12noon	
Lunch Club	Lunch group for over 50s	2 nd Weds at The Temperance Inn	To join call Age UK South Cumbria 01539 728118
Games for Men	Men's social group	Mondays 1.30-3.30pm	Contact admin@amblesidepc.org.uk
Community Cupboard & Café	Café for all	Weds 10.30-11.30am	Ambleside Parish Centre foyer
Evergreens	Talks, Games, crafts & trips	Weds 2-3.30pm during term-time	Wesley Room

ARNSIDE	Please also see the monthly Arnside Broadsheet which includes information on the clubs and societies in Arnside. Available in print or online, for latest version see: arnsidevillage.co.uk		
Arnside WI	Women's Group	2 nd Monday 7.30pm WI Hall	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfwf@btconnect.com
Arnside Art Group	Art including painting	Every Wed Sept to May 2-4pm WI Hall	Membership £25 arnsideartgroup1@gmail.com
Scrabble for fun	Game evening	Wednesdays 7-9pm Arnside Educational Institute	Fiona Stevens 01524 762371
Lunch Club	Lunch group for over 50s	1 st Weds 12 noon at The Fighting Cocks	To book a place call Age UK South Cumbria 01539 728118
Gentle Exercise class	Exercises for all over 50s	Fridays 10-11am Arnside Methodist Church Hall	For more info call Age UK South Cumbria 01539 728118

BARBON		All events listed below held at Barbon Village Hall www.Barbonvillagehall.co.uk	
Oil Painting	Art	Mondays 10am-12noon	Kaystockdale1@gmail.com
Yoga for all	Yoga exercise	Tuesdays 9.30-11am	carol@blissorganics.co.uk
Barbon Bridge Club	Bridge	Tues 2-5pm	Iain Bride 01524 271125 / 07729 888 829 imbride@me.com
Barbon WI	Women's Group	1 st Tuesday 7.30pm	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com
Healthy Steps	Exercise	Wednesdays 4pm-5pm	yvonnecervetti@gmail.co.uk

BURNESIDE		Events listed below take place at the Bryce Institute, Burneside, Kendal LA9 6QZ	
Woodturning	woodwork	3 rd Saturday Bryce Institute	
Fabulous Bryce Street Strummers	Ukelele band	Mondays 7.30 – 9.30pm Bryce Institute	Contact Burneside74@gmail.com / 01539 741582 / 07707 751608 for more info

BURTON-in KENDAL		All events listed below take place in Burton Memorial Hall	
Burton WI	Women's Group	2 nd Thursday 7.30pm	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com
Ladies Badminton	Women's sport	Tuesdays 1.30-2.30pm	
Burton, Holme & District Local History Society	History group	3 rd Monday 7.30pm	Kath Hayhurst 01524 781613 kathhayhurst84@gmail.com
Burton-in-Kendal Art & Craft Society	Weekly art group	Fridays 9.30am-12 noon	
Craft Group	Craft Group	2 nd Monday 1.30-4pm	Kath Hayhurst 01524 781613

CARTMEL			
Cartmel Wellbeing Walk	Free group walk of approx. 1 hour	Tuesdays 10.45 for 11am	No pre-booking or charges but registration on first walk. Departs from Cartmel Racecourse Grandstand drive (NOT main car park) Ewen Cameron 07929 833 528 for more info.

CASTERTON			
Casterton WI	Women's Group	1 st Wednesday 7.30pm Casterton Village Hall	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com

CONISTON			
Coniston WI	Women's Group	3 rd Tuesday 7.30pm Institute Library	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com

CROOK			
All events listed below take place at Crook Memorial Hall, Kendal LA8 8LG on the B5284 between Bowness-on-Windermere and Kendal			
Crook WI	Women's Group	1 st Wednesday 7.30pm	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com
Crook Folk Dance Group	English & American Country Dance	Thursday eves Sept to July 7.30-9.45pm	For more info see www.crookfdg.co.uk or email crookfdg@yahoo.co.uk

CROSTHWAITE / LYTH VALLEY			
Events take place in the Argyles Memorial Hall in Crosthwaite LA8 8HT unless otherwise stated			
Crosthwaite & Lyth WI	Women's Group	3 rd Wednesday 7.30pm	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com
Crosthwaite Short Mat Bowling Club	Indoor Bowls	Tues & Thurs eves Oct-Mar 7.30-10pm	Membership fees and weekly charge - contact Janet Richardson 015395 68239 for more info
Exchange Tea	Produce & groceries, books and refreshments	Wednesdays at 2pm	
Lunch Club	Lunch group for over 50s	2 nd Thurs at The Damson Dene Hotel	To book a place call Age UK South Cumbria 01539 728118

DENT			
Dentdale WI	Women's Group	2 nd Wednesday 7.15pm Dent Memorial Hall	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com

ENDMOOR Events take place in Endmoor Village Hall unless otherwise stated.			
Gentle Exercise class	Exercises for all over 50s	Tuesdays 10.30 -11.30am	For more info call Age UK South Cumbria 01539 728118
Meet To Eat	Lunch	2 nd & 4 th Wednesdays 12 noon – 1.30pm	Check Hall noticeboard for exact dates
Endmoor Community Choir	Singing Group	Thursdays 7.00 – 8.45pm	Held at Endmoor School, LA8 0HH

FLOOKBURGH			
Lower Holker WI	Women's Group	1st Wednesday 1pm at Flookburgh Institute and Lower Holker Hall alternately	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com
Lunch Club	Lunch group for over 50s	4 th Friday at The Pheasant Inn, Allithwaite	To book a place call Age UK South Cumbria 01539 728118

GRANGE OVER SANDS			
Grange & District University of the Third Age	A variety of groups and interests - both social & educational	various	Please contact via website http://u3asites.org.uk/grange or 01539 535879
Grange/Sands WI	Women's Group	4th Thursday 7.30pm at Grange Fell Golf Club, LA11 6HB	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com
Gentle Exercise class	Exercises for all over 50s	Tuesdays and Thursdays at Grange United Reformed Church LA11 7EY	For more info and to book call Age UK South Cumbria 01539 728118

Grange/Sands Wellbeing Walk	Free group walk	Thursdays 10.45 for 11am start	No pre-booking or charges to walk but registration on first walk. Departs from Windermere Road pay & display car park Contact Ewen Cameron 07929 833 528 or e.cameron1@btinternet.com for more info.
Lunch Club	Lunch group for over 50s	3rd Weds at Thornleigh Hotel	To book a place call Age UK South Cumbria 01539 728118
Chair Yoga	Chair-based Yoga exercise for over 50s	Mondays at Grange United Reformed Church, LA11 7EY. Booking Essential	For more info and to book call Age UK South Cumbria 01539 728118

HAWKSHEAD

Hawkshead WI	Women's Group	2 nd Tuesday of the month at 2pm in Market Hall	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com
--------------	---------------	--	---

HOLME

Holme WI	Women's Group	2 nd Tuesday at 7.30pm in Market Hall	Cumbria & Westmorland Federation of WI: 01539 720921; Email: cwfw@btconnect.com
Lunch Club	Lunch group for over 50s	2 nd Friday at the Smithy Inn	To book a place call Age UK South Cumbria 01539 728118
Gentle Exercise class	Exercises for all over 50s	Wednesdays 11am – 12 noon at Holme Parish Hall	For more info call Age UK South Cumbria 01539 728118

KENDAL

Various activities		Beck Community Centre, Esthwaite Ave, Kendal LA9 7NZ	www.beckcommunitycentre.co.uk
South Lakes U3A	A wide variety of interest groups for socializing, learning, exercise & fun	various	Please contact via website https://south-lakes.u3asite.uk Or 01539 738514
Dowkers Lane Bridge Club	Bridge	Abbot Hall Social Centre, Dowkers Lane	https://www.bridgewebs.com/kendal/

Kendal WI Groups	Women's Groups	Kendal Castle: 2 nd Monday at 7.15pm in Kendal Town Hall; Kendal Parr: 2 nd Monday at 7.30pm in Castle Street Community Centre; Kendal Ewes: 2 nd Thursday at 7pm at Kendal Town Hall	Cumberland & Westmorland Federation of WI: 01539 720921 Email: cwfw@btconnect.com
Mature Movers		Brewery Arts Centre 11.30am-12.30pm Tues	Brewery Arts Centre on 01539 725 133
Gentle Exercise class	Exercises for all over 50s	Thursdays 10.30-11.30am at Kendal Parish Hall	For more info call Age UK South Cumbria 01539 728118
"Oxenholme" Lunch Club	Lunch group for over 50s	1 st & 3 rd Mondays at Hansens Ice Cream Parlour	To book a place call Age UK South Cumbria 01539 728118
"Kendal Town" Lunch Club	Lunch group for over 50s	2 nd Tuesday at Station Inn	To book a place call Age UK South Cumbria 01539 728118
"Kendal Rugby Club" Lunch Club	Lunch group for over 50s	4 th Tuesday Kendal Rugby Club	To book a place call Age UK South Cumbria 01539 728118
"Men's Pie & Pint" Lunch Club	Lunch group for Men over 50	1 st Thursday Kendal Rugby Club	To book a place call Age UK South Cumbria 01539 728118
Walking Football	Over 50's sport	Tuesdays 3:30-4:30pm at Kendal Leisure Centre	Contact Age UK South Cumbria on 01539 728118
Walking Netball	Over 50's sport	Tuesdays 3:30-4:30pm at Kendal Leisure Centre	Contact Age UK South Cumbria on 01539 728118
Free Health Walk/ WalksnWags'	All welcome with or without a furry friend	1st Sunday of every month at 10am outside Kendal Library, Stricklandgate	Walks last up to 60 mins and end with optional café visit. Contact Walk Leader, Anne on 07790 120 553
Boccia	Over 50's sport	2 nd & 4 th Friday 11am – 12noon at Kendal Leisure Centre	To book a place call Age UK South Cumbria 01539 728118
IT Drop in		1 st and 3 rd Wednesday at Kendal Library	Contact Age UK South Cumbria on 01539 728118

KIRKBY IN FURNESS			
Beckside Ladies Supper Club	Women's dining group	Wednesday 7pm in Kirkby Village Hall Sept to May	Membership £2 p.a.
Lunch Club	Lunch group for over 50s	3 rd Thursday 12pm at The Commercial	To book a place call Age UK South Cumbria 01539 728118

KIRKBY LONSDALE			
Adult education classes	All adults	Wide range of leisure subjects in Sedbergh, Kirkby Lonsdale & Kendal	Contact Sedbergh Community Development Centre (CDC) 015396 21031 Mon-Wed 10am-4pm or see website
Kirkby Lonsdale WI		1 st Wednesday 7.30pm at Lunesdale Hall, Bective Road	Cumberland & Westmorland Federation of WI: 01539 720921 Email: cwfw@btconnect.com
Gentle Exercise class	Exercises for all over 50s	Tuesday from 11am-12noon at Lunesdale Hall, Bective Road	For more info call Age UK South Cumbria 01539 728118

MILNTHORPE			
Coffee @ St T's	Coffee Morning all welcome	Fridays 10-11.30am in the Church Centre of St Thomas's Church	St Thomas' Milnthorpe LA7 7QA 015395 61448
Milnthorpe-with-Heversham Mothers' Union	Women's group	1 st Wednesday 2pm, most months at St Thomas' Church	https://stthomasmilnthorpe.org.uk/mothers-union/
Beetham WI	Women's group	1 st Tuesday 7pm at the M-Hub, Milnthorpe	Cumberland & Westmorland Federation of WI: 01539 720921 Email: cwfw@btconnect.com
Gentle Exercise class	Exercises for all over 50s	Tuesdays 10.30-11.30am at Catholic Church Hall, Haverflatts Lane	For more info call Age UK South Cumbria 01539 728118
Walking Cricket	Over 50's sport	Mondays from July 2025 at Heversham	Contact Age UK South Cumbria on 01539 728118 – please call for further info

SEDBERGH			
A fuller list of groups and activities in Sedbergh is available on https://www.sedbergh.org.uk/community/groups-clubs/			
Sedbergh WI	Women's group	2 nd Wednesday 7.30pm at People's Hall	Cumberland & Westmorland Federation of WI: 01539 720921 Email: cwfw@btconnect.com
Sedbergh Songsters	Dementia support group	Mondays 10-11.30am Gladstone House, 3 Fell Close LA10 5AP	Sedbergh Information centre 015396 20125
Sedbergh Bridge Club	Bridge – card game club	Fridays 10.30am usually at Farfield Mill café	Further details: David Alison 01539 824666 / 07980 582 448 or email: tracks.north2@gmail.com
Open House	Coffee, Craft, Chat for all ages, including Grief Share Team member	Tuesdays 10am-12noon, Cornerstone Community Church	Cornerstone Community Church, New Street, Sedbergh LA10 5AF
Afternoon Tea		Alternate Thursdays 2pm, Gladstone House	For dates etc contact Janey 07966 134 554
Adult education classes	All adults	Wide range of leisure subjects in Sedbergh , Kirby Lonsdale & Kendal	Contact Sedbergh Community Development Centre (CDC) 015396 21031 Mon-Wed 10am-4pm or see website
Sedbergh & District History Society	Local History group	Range of events – see website	www.sedberghhistory.org.uk or contact enquiries@sedberghhistory.org.uk

STAVELEY			
Choral Mondays	Choral singing	Mondays 7pm Staveley Village Hall	Contact staveleychoralsociety@gmail.com
Staveley WI	Women's group	1 st Thursday 7.15pm Staveley Institute	Cumberland & Westmorland Federation of WI: 01539 720921 Email: cwfw@btconnect.com

ULVERSTON			
Furness University of the Third Age	A variety of groups and interests - both social & educational	Various	https://furness.u3asite.uk
Walking Football	sport	Fridays 11.30am-1pm on 3G pitch at Ulverston Leisure Centre	Book via hpactivities.com or email hannah@hpactivities.com

Lunch Club	Lunch group for over 50s	3rd Tuesday at The Farmers	To book a place call Age UK South Cumbria 01539 728118
Chair Yoga	Chair-based Yoga exercise for over 50s	Mondays at The Coach House, Ford Park, Booking Essential	For more info and to book call Age UK South Cumbria 01539 728118

WINDERMERE

Marchesi Centre Events & Activities	Events & Activities for over 50s	Marchesi Centre, Holly Road LA23 2AF	Office open Mon-Fri 9am-12noon 015394 43411 or email mcwindermere@gmail.com
Ambleside & District University of the Third Age incl Windermere	A variety of groups and interests - both social & educational	Various including Marchesi Centre	Please contact via website https://ambleside.u3asite.uk or 015394 33897
Windermere WI	Women's group	1 st Thursday 7.30pm at Marchesi Centre	Cumberland & Westmorland Federation of WI: 01539 720921 Email: cwfw@btconnect.com
Scottish Country Dancing	Traditional Scottish Dancing	Wednesdays 10am-12.30pm at Marchesi Centre	Call 015394 43411 for more info
Coffee & Chat	Social group	Fridays 10 - 11.30 am at Marchesi Centre	015394 43411 or email mcwindermere@gmail.com
Lunch Club	Lunch group for over 50s	1st Thursday at Lakeland from 6 March 2025	To book a place call Age UK South Cumbria 01539 728118
Chair-based exercise	Exercise class	Tuesdays 10.15 at Nine Oaks Housing Trust	To book a place phone 015394 44436

Other Useful Websites/Information for Clubs & Societies in our area

<i>Location</i>	<i>What is provided</i>	<i>Where to find it</i>
Ambleside	Clubs in Ambleside	www.amblesideonline.co.uk/clubs
Arnside	News, events, property, jobs	www.arnside.co.uk
Broughton in Furness	Local events etc	The Parish Pump – available from Broughton & Ulpha post offices
Broughton in Furness	Victory Hall events “What’s On”	www.victoryhallbroughton.co.uk
Burton in Kendal	Burton News – local info	Available from The Village Shop
Crosthwaite & Lyth	Parish website – local info	www.crosthwaiteandlyth.co.uk
Furness area	University of Third Age activities	https://furness.u3asite.uk
Grange / Sands	Town Council website	www.grangeoversands.net
Grange / Sands	Local news and events	Grange Now magazine, also online: grange-now.co.uk
Hawkshead	Local information	www.hawkshead-village.co.uk/hawkshead/clubs
Kirkby-in-Furness	Local information	www.kirkby-in-furness.org
Kirkby-in-Furness	The Kirkby Caller - parish newsletter	Available from Kirkby Post Office
Sedbergh	What’s on events listing	www.sedbergh.org.uk/links/
Sedbergh	Sedbergh Look Around monthly newsletter	Available to buy from many shops in Sedbergh
South Lakes	Walking club information	www.slwc.weebly.com
Windermere & Bowness	Chamber of Trade website	www.wbcoft.org.uk
Women’s Institutes	Find a WI – alphabetical listing	www.thewi.org.uk/wis-a-z